



Jumps not bumps!



This is to certify that
took part in a **Jumps not Bumps!**
trampoline safety lesson and now knows
how to jump safely. Well done!



Signed



Remember to **JUMP!**

- J**ust one person should use the trampoline at a time
- U**se control and bounce in the middle
- M**ake your way off the trampoline safely - don't bounce or jump
- P**revent accidents by avoiding risky stunts!